

# MISSOURIAN

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Northwest Missouri State University

## Living with stress

### *Effects students*

BY MOLLY ROSSITER  
Editor in Chief

With finals week drawing near, students are beginning to feel the pinches of the end of the semester. Many instructors are requiring research papers, projects and several other things be done in addition to regular class assignments.

These pressures can mean only one thing to the college student—added stress and tension. Dr. William C. Miller, author of "Dealing with Stress," states that in order to lead a productive life, appropriate levels of dissatisfaction, stress or tension are needed to help get any job done, yet stress should not be so intense that it puts a person's health—mental or physical—in jeopardy. Stress can have many effects on a student. Less class participation and general attentiveness are two signs of high anxiety. Students under unnecessary stress may also have a hard time getting classwork in on time, if at all. Moodiness is also apparent in persons under stress.

Too much stress in one's lifestyle not only affects a person's behavior. Stress takes its toll on the insides of a person, endangering physical health. Tension is particularly disturbing to vitals such as the circulatory organs (heart and blood vessels), digestive organs (stomach and intestines), and with internal secretion organs (thyroid, pituitary, hypothalamus, gonads, and adrenal glands). Endangering these organs puts the regulation of

the bodily functions at risk.

Finals week is only one source of stress students fall prey to. School-work in general is a mighty stressor. Students are always feeling pressured to getting their assignments done well, and when several assignments are due at the same time, these pressures intensify and cause the student to feel extreme tension.

However, one cannot blame school only for high anxiety. People often impose unrealistic expectations on themselves, especially in the school setting. Some are always striving for their personal best. However, living up to these high personal expectations is nearly impossible and can be extremely stressful.

There are ways to tell if your body is undergoing too much stress. Approximately 42 million people report repeated headaches when stress is too high for them to handle. Other danger signs are ulcers, backaches, irritability, high blood pressure, sexual dysfunction, insomnia and asthma, just to name a few.

Stress doesn't have to be a problem. There are several ways of dealing with stress, and not all of them concern only you. If you feel you are too "stressed out," there are many places you can go. Northwest's counseling center offers help for those who feel things are beginning to "bog" them down. Friends are good people to unload on—they listen and can possibly help with ways to lessen the burden. Don't let stress rule your life—stop it before it stops you.



## In our view Editorial

### Dorm facilities differ

High rises vs. others

**W**ith all the talk of tuition and semester increases of late, no one has paid much attention to a problem that has been around for quite some time: dorm costs.

Accompanying tuition hikes is an increase in dorm fees. This increase has naturally followed the increasing tuition since the dawn of time. It has come to be expected that when the tuition goes up, so will the cost of living in the dorms. Au natural.

However, one part of the dorm fees that doesn't seem so natural is the consistency of price among the dorms. This is especially a problem when one takes a good look at all the dorms and sees they are not all consistent when it comes to the question of quality.

Take the high-rise dorms. They are equipped with two elevators for public use, the rooms are all carpeted, and there is air-conditioning in the summer.

Now look at Hudson, Perrin, South Complex and North Complex. The elevators they have, if they indeed have them, are to be used only when moving in or out, the residents are responsible for purchasing either carpeting or throw-rugs if they do not wish to walk on tile, which can get rather cold in the winter, and to keep cool in the summer they must purchase fans.

All these dorms, including the high-rises, have a limited number of bathroom facilities on each floor. Roberta, on the other hand, has a bathroom to every two rooms, except for a private room, which has a bathroom to use just down the hall. The rooms in Roberta are also carpeted.

Now, with all of these discrepancies in quality, why is it that it costs the same to "rent" a room in South Complex as it would in Millikan Hall?

This is not to say dorm prices should again be increased in some situations. Rather, perhaps some of the costs should be decreased in places where students are responsible for purchasing the same luxuries other dorm residents receive at no extra cost.

## Student notes discrimination with posters towards gays

BY JEANNIE RIGBY  
Special to the *Missourian*

One thing I cannot say about this campus is that the students have open minds.

In a recent issue of the *Missourian* there was an article written by a gay student that expressed her views. It was unbelievable the response to this article. In the dorms there were various "posters" found that expressed the views of some of these close-minded students.

It becomes very irritating to believe that college students have these beliefs. They believe that homosexuals aren't human beings. Well, for those close minded people I have some bad news. Homosexuals are just like you except they have a different sexual preference.

What is extremely depressing is that we are a new generation that should improve the world with our beliefs but we are just carrying on the close-minded beliefs of our parents.

I do not understand why students must believe that women are inferior to men, blacks are inferior to whites, and that handicapped people are less human than those who are in perfect physical condition.

These are just a few points that needed to be expressed. Think about these things that have been written and maybe you will realize that your views belong in the dark ages, not in the twentieth century.



## Letter to the Editor

### School-year lengthening stirs controversy in many

Dear Editor:

I was pleased to see that some attention has finally been paid to the proposed lengthening of the school calendar.

I am opposed to this proposal, as I think most students are (or would be if they knew about it). What will this accomplish? Here's what I think:

1. A shortening or even deletion of breaks during the semester. Shortening Spring Break and taking away days like Walk-out Day, a tradition, and Labor Day, especially for those of us students that work during the semester, will only serve to increase the number of students that get burned out.

2. Little or no vacation for students who work between semesters.

3. An increase in tuition and room and board to pay for the lengthened school year, which means students will have to work even more hours during the shortened break.

4. Teacher pay: lets be honest. We have a large number of quality teachers here at Northwest and we all know that they are not getting paid a gold mine. So why cause them more work for the same pay? They need a break, too. If they do give the teachers compensation for the extended semester, who picks up the tab? I have



a suggestion. How about letting the Board of Regents pay for the increases if they're so gung ho about it!

5. Did they consider the increase in costs for having the buildings heated or air-conditioned, maintenance, cleaning, etc.?

Come on guys, get with it! Teachers don't like it when you go over their heads, and we students don't like being ignored! The Board of Regents is not a governing body, it is an oligarchy, a dictatorship in which a small number of people decide what's best for us. That's fine. That's great, but when you guys are deciding what's best for us, listen to the Faculty Senate and the Student Senate. Those organizations are there for a reason! Give us a break. . . A REAL BREAK!!

Sincerely,

Jeffrey L. Jackson

# MISSOURIAN

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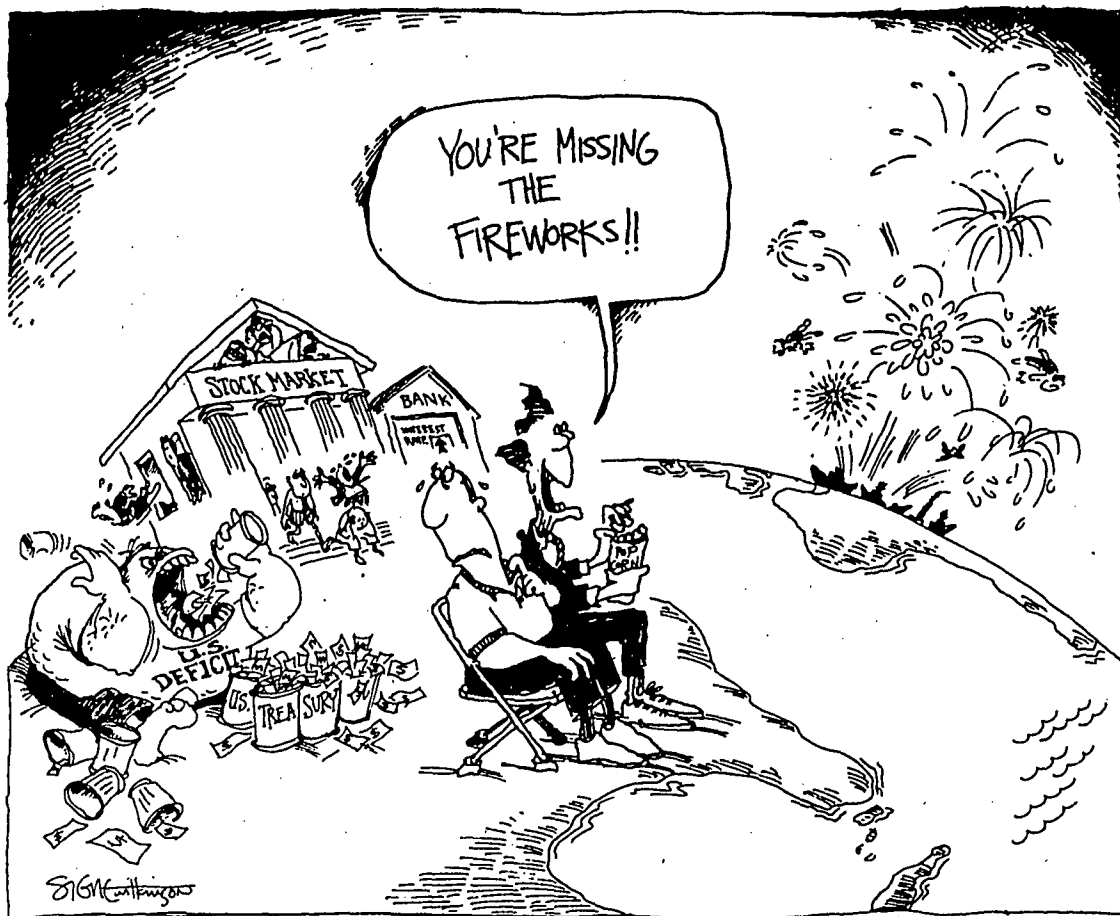
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## Stroller celebrates—no tests or arrests

Hello and welcome back. How was your week? Yours truly had a pretty good week. Everything seemed to go real smooth. Anytime I can go a week without any tests or arrests, it's time to celebrate.

For those of you who are starting to feel the stress of this semester, look at the bright side. Thanksgiving is only a couple of weeks away. I decided that it was about time to make the dreaded trip home to see Mom and Dad and the 2.5 kids and dog I used to terrorize in my youth. You know it's time to go home when your mom calls up and says she forgot what you look like, or she says they are renting out your room.

Of course for the flocks of homeboys who venture home every weekend to do the very same thing they did in their four years of high school, this is old news. Give yourself a break. Try something new and different for a change. If you play your cards right, it might not even cost money. Imagine that. . .

Something that doesn't cost you money,

### Stroller

but takes years off your life is pre-registration. They set aside a special time designated just for you. Isn't that special. I guess my question is this. Why can't we come in early to register if the time they set aside conflicts with our schedule. When I tried to get in 20 minutes early to pre-enroll, I was booted out the door. The craziest thing of all is that there was not a soul standing in line in front of me. I guess it's just another one of those bizarre rules.

Along the lines of higher education, I have a beef with the library. Recently, I received a notice from the library that I had an overdue book. A few days after that I got another notice. They say I have to pay them five bucks. Whatever happened to the old five cents a day

rule. It's not like I tried to steal the book. I just wanted to read it.

As you might or might not know, in the past I've had a tendency to slam our Electronic Campus and the phone systems.

I'm still not to pleased with the phones. It sure ruined my day when I tried to call into the dorms to talk to someone, and all the numbers had been changed. It took me four and a half semesters to finally get those numbers memorized. Now I have to start from scratch. Northwest is just lucky I'm trying to cram four years of college into five years. Maybe by the time I'm through I'll have them memorized again.

Back to the Electronic Campus. I just had this brilliant idea. It happens every once in a while. . . I'll be walking around campus and a light bulb pops into my head. Not a bright light by any means, but it's still an idea none the less.

Northwest should run some cable down to the Palms. What a concept. Computer terminals in a bar. We could kill two birds with one stone. After all, isn't it that where half of Northwest spends its free time anyway? I for one know I would get a lot more done. Could you imagine writing an English paper while your sitting at a bar? It may not be grammatically correct, but at least it would be interesting.

I'm sorry. . . sometimes when I get on a roll I get carried away. I've decided I'm going to try something different for a change. Next week I'm going to be in a great mood all week. I might not even get on anybody's case. What am I saying? I think I'm becoming delirious. I could never be a nice person. What would my new neighbors think?

All this talk about becoming an upstanding student is rock for another week. Until next week, yours truly, Mr. Snake-in-the-Grass will see you then. Same time. Same place.

## Princess Di finds royal eternal 'host'

**T**here seems to be one large trend I see happening these days. That is the tendency to want to know all of the dark and hidden garbage in the lives of the rich and famous. It's always fun time to dredge up all of these gems from the lower depths of the Satan rooted so deeply in so many.

Listen to all of these. We've got a Supreme Court justice nominee and his past with Mary Jane (tisk, tisk), Gary Hart and all of his extramarital lust affairs, Biden who cheated his way through law school (I guess he didn't know he was only hurting himself) and now, there are all sorts of seedy rumors circulating about Prince Charles and Princess Diana.

Last week, *People* magazine really emptied the dust bag of the royal vacuum cleaner.



BY TERRY ALEY  
Managing Editor



Apparently, this royal couple has seen practically nothing of each other for several weeks. And when they do see each other, they give each other the royal cold shoulder.

But who actually thought this marriage would turn out to have the happy ending that that pretentious—and now I know, phony—wedding appeared to foreshadow.

No way. I knew all along. As the somewhat great and famous Emo Philips once said, "You have to get up pretty early in the morning—to catch me peeking in your windows."

Everyone knows the true story. To be the prince and such the ugly. Just take a look at the nose on that mans face. And Diana. She was the stereotypical leech. Give her a little power over the British Empire, a nice cozy castle/estate and a weekly shopping-spree allowance, and sure, she'll marry the guy.

**Joke:** Why can't the nose on Prince Charles' face be 12 inches long?

**Answer:** Because. Then it wouldn't be a nose. It would be a foot. (hal)

My favorite quote in this *People* article was by publisher Harold Brooks-Baker concerning the beginnings of their marriage.

"The Prince of Wales was getting on in his years, and his relatives, especially his grandmother [the Queen Mother], wanted him to get married," he said. "Few of the girls he was seeing were suitable, and those who were wouldn't dream of accepting such a dreadful job. And so he chose the younger sister of one of his friends. She was attractive, she was a virgin. It's very simple." To me that says it all.

Who cares about all of that anyway. Let's really drag some skeletons out of the closet. This is my pseudo-David Letterman listing of what some inside sources have dredged up.

1. Diana once wore orange accessories with a red dress—major fashion faux pas.
2. Charles is actually the long lost half brother's cousin's uncle of B.D. Owens, previous Northwest president.
3. Di now admits she has always wanted a daughter, which explains the tendency of her two boys to be seen clothed in highly effeminate garb.
4. Charles picks the walnuts out of his chocolate chip cookies.
5. Fellow polo-team members have confessed to accepting bribes from Charles to let him have a chance to hit the ball.
6. Diana's left foot is one half size larger than her right foot.
7. Their marriage went sour when Di wouldn't let him go to bed with clown boots on.
8. Diana once got a pimple.
9. Charles drinks Pepsi instead of Coke.
10. Di pops her gum.

No, these aren't true—to the best of my knowledge, I'm just as big of a Charles and Diana fan as the next person. Hey, I will even reluctantly admit I got up at 5:30 a.m. to watch the wedding. Such admiration.

# Universities show interest in seminar program

BY NICK WILLIAMS  
News writer

Northwest's new freshman orientation program, which began in August, has resulted in many invitations for University officials to share their experiences with other colleges and universities.

Five special conferences concerning the program will occur during this academic year. Two of these meetings have been scheduled for this fall.

Bill Dizney, University director of student activities and special projects and co-director of freshman orientation, along with Gene French, an admissions counselor at Northwest, participated in the 14th Annual Conference on Student Services held in New Orleans last week.

A paper concerning how Northwest developed its freshman orientation program was presented by Dizney. French gave a slide presentation which displayed aspects of the whole program, Dizney said.

On November 19-21, eight representatives from Northwest will attend the Freshman Experience, a conference to be held at the University of Tulsa, Oklahoma. Dizney will head a round-table discussion concerning Northwest's efforts to improve college life for freshmen and to retain students. He will also participate in sessions on the management and designing of programs for on-

campus groups.

Dr. Phil Hayes, Northwest's dean of students, will hold a discussion on how to get the community and campus to work together in the freshman orientation program.

Others scheduled to participate in the conference are Dr. Patt VanDyke, director of the Talent Development Center and co-chair of the Freshman Year Experience Task Force; Dr. Betty Bush, assistant professor of curriculum and instruction and director of the freshman seminar; Lori Tyner-Weddle, assistant director of admissions; J.D. Leonard, admissions counselor; Jeff Thompson, a graduate student from Maryville and Stephanie Epp, a junior from Fairbury, Nebraska.

VanDyke recently attended a meeting in Chicago where she discussed Northwest's orientation program. Participants of the meeting were interested in how they went about getting volunteers to work with the program, how the peer advisors were involved and how they were able to find enough people to help with orientation.

"They couldn't believe that the administration was supporting the freshman seminar program, that they were paying people to do it," VanDyke said.

They also did not believe Freshman Seminar was a required class or that the University supplied textbooks for the

freshmen. Many schools have a Freshman Seminar but a student's Freshman Seminar teacher is not always that student's advisor.

The freshman seminar program, which has been on a trial basis for the past three years, will go up before the Faculty Senate in March to determine the future of the program. All indications are that the program will continue.

The freshman orientation program also appears to be a success. In previous years, seven percent of Northwest's

freshmen dropped from the University by the tenth week of classes. This year only three percent dropped within those 10 weeks. Thus Northwest currently has a 97 percent retention level.

"One of my students wrote and told me that she would have been so scared to start [college] if it hadn't been for seminar," VanDyke said.

VanDyke said no program is perfect. "You can only have a system which works to accomplish your goals," she said.

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# Tower awarded Medalist Rating

BY NICK WILLIAMS  
News writer

The 1987 *Tower* yearbook has received a Medalist Rating from the Columbia Scholastic Press Association (CSPA), the highest possible rating for a college yearbook.

The *Tower* was awarded 950 points of a possible 1000, earning the yearbook a First Place rating. The award was given based on the concept of the whole

book and how the book held together as a whole as well as for the design, Kevin Fullerton, managing editor of the 1987 *Tower*, said.

Other qualities the judge found in the yearbook were the personality, spirit and creative excellence of the entry. The University division of CSPA, directed by the Columbia School of Journalism in New York City, judged the 1987 *Tower*.

"I think our hard work pays off when we get awards like this," Debby Kerr, activities editor for the 1987 *Tower*, said.

The 1986 *Tower* also achieved a Medalist rating from the CSPA. Scott Trunkhill, who is currently a photographer at West Texas State University in Canyon, Texas, edited the 1987 *Tower*.

Laura Widmer, also at West Texas State as a mass communications instructor, was the advisor for the book.

The theme for the publication was "Imagine That," a phrase they chose to use as the title while brainstorming at a meeting of the yearbook staff. Other editorial members of the staff were Lori Nelson, copy editor; Cara Moore, copy assistant; Chris Townsend, people/organizations editor; Colletta Neighbors, production manager; Pat Schleeter, sports editor; Nancy Meyer, photography editor; Art Donley, darkroom technician; and Kevin Sharpe, index editor.

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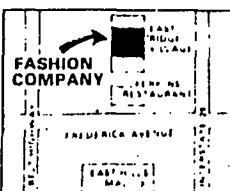
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Northwest Missourian

## Herauf selected as health organization president

BY NICK WILLIAMS  
News writer

Dr. James Herauf, chairman of Northwest's department of health, physical education, recreation and dance has become president of the Missouri Association for Health, Physical Education, Recreation and Dance (MAHPERD).

His installation as president occurred November 4 in Cape Girardeau during the evening's Representative's Assembly. Herauf then presided over last weekend's state convention sessions, also held in Cape Girardeau.

The organization consists of physical education, recreation and dance professionals from universities, colleges, secondary and elementary schools and corporate fitness. Herauf and the president of the Kansas MAHPERD will play

a central role in the planning and coordination of the American AHPERD national convention, to be held in Kansas City April 6-10. Both the Kansas and Missouri Associations will host the national convention.

Although there are times he will have to leave the University for meetings with the association, his duties as president of MAHPERD should not interfere with his work at Northwest, Herauf said.

Herauf has been a member of the Northwest faculty since 1976. He previously taught at Eastern Illinois University. Herauf has a doctorate from Indiana University, a master's degree from Southern Illinois University in Carbondale and a bachelor of science degree from Dickson State in North Dakota. He also served as president-elect of the MAHPERD for a year.

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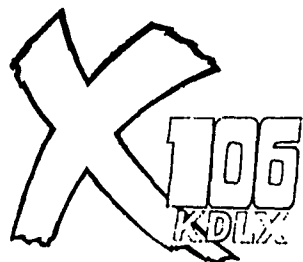
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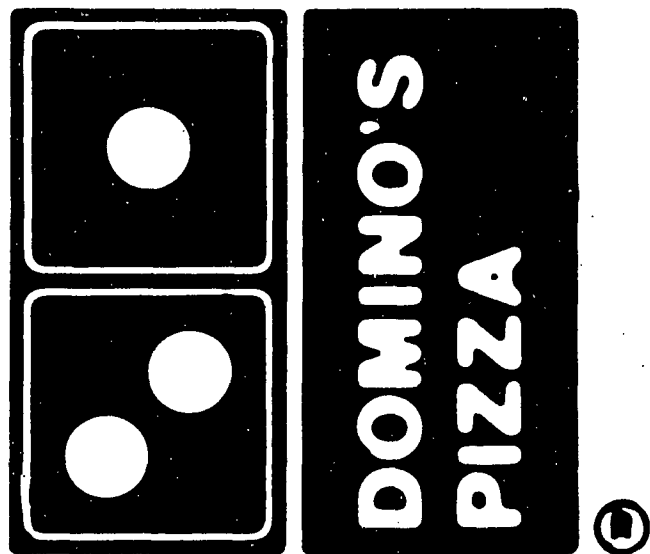


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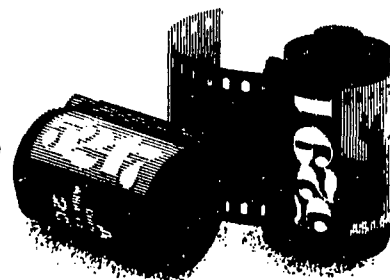
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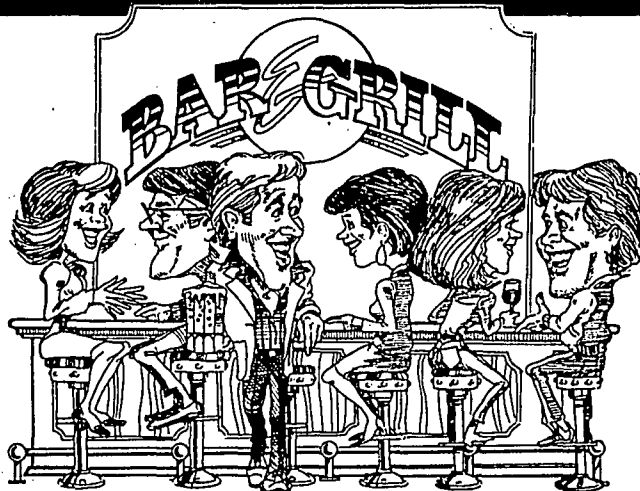
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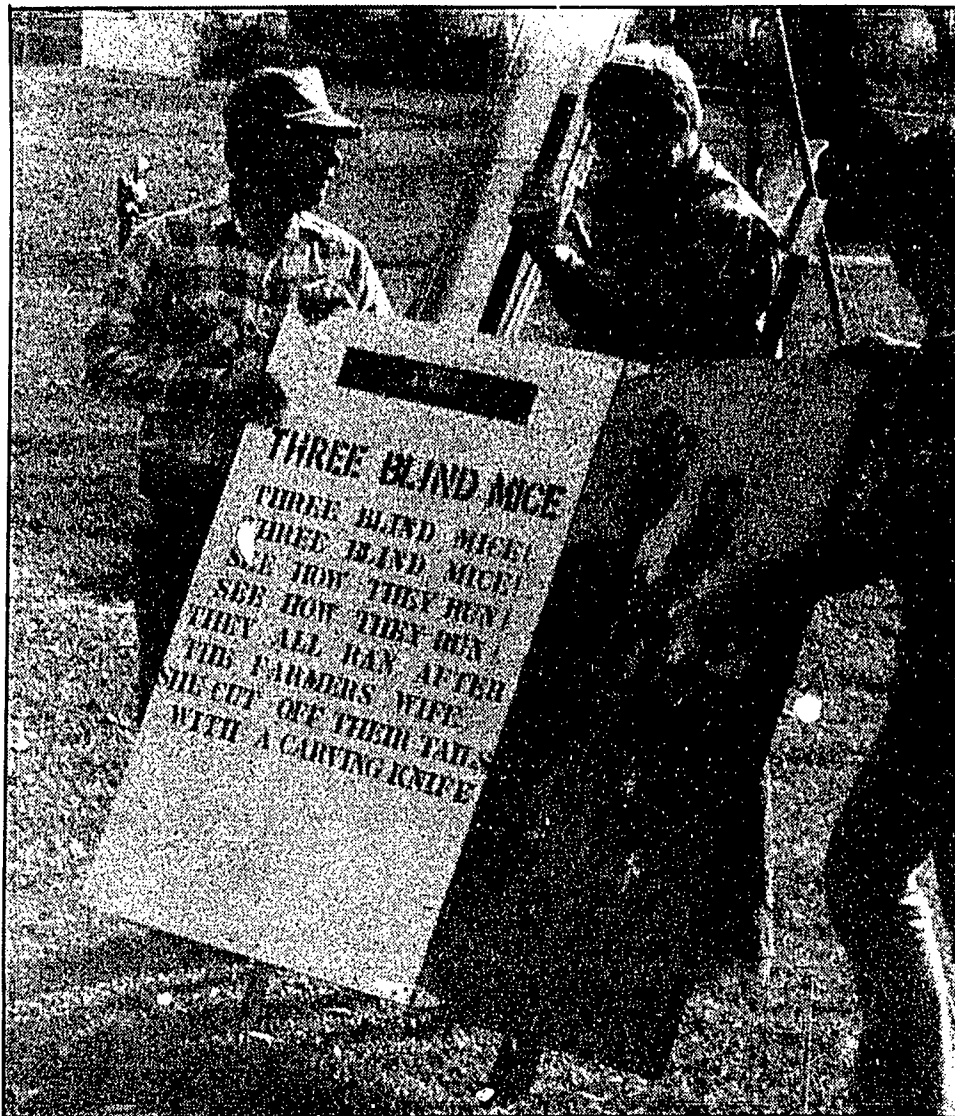


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## Northwest Missourian



Inter-Fraternity Council, Panhellenic and the Maryville Chamber of Commerce work together to bring a "Winter Wonderland" to Franklin Park.  
-Photo by Asa Young

## Senate Reports

To inform the students of the activities of the Student Senate each week an informative article will run updating readers on the activities of the Senate.

\*difficulty in the Registrar's Office with turn-around time for grades

Student Senate has written a letter to the Board of Regents in regards to the lengthening of the 1988-89 academic school year calendar. Senate is concerned with the idea that the students were not consulted when the new calendar was proposed. Specific concerns with the calendar are:

\*the amount of time students will have for adequate summer employment

\*quantity of time vs. quality of education during the extension

\*increased probability of both student and instructor burnout

\*the possibility of a disadvantage in regards to other schools when it comes to recruitment

\*lengthened semesters will take away from building and maintenance upkeep

Student Senate has asked for a rescindment of the already approved 1988-89 calendar and that no replacement calendar be brought before the Board of Regents without proper consultation of the Student Senate. Senate is currently sending out a petition and resolution to all organizations asking for their support. A town meeting, open to the public, will also be held on December 2, with guest speaker Dean Hubbard regarding the calendar changes.

Other activities of the Student Senate include the upcoming Bloodmobile on campus November 23 from 11am-5pm in the Union Ballroom. Competition will be held and plaques will be awarded to both Independent and Greek winners. Competition will also exist between Northwest and Central Missouri State University for the traveling plaque.

### FINAL EXAMINATION SCHEDULE FALL SEMESTER 1987-88

Final Exams begin at 7:30 a.m., December 14 and end at 6:00 p.m. December 17.

Classes meeting for the first time in the week:

Date and hour of final examination

9:00 Tuesday..... Monday, December 14, 7:30 a.m.  
11:00 Monday..... 10:00 a.m.  
2:00 Monday..... 1:00 p.m.  
9:00 Monday..... 3:30 p.m.  
History 155..... 7:00 p.m.

3:00 Tuesday..... Tuesday, December 15, 7:30 a.m.  
3:00 Monday..... 10:00 a.m.  
Speech 102..... 1:00 p.m.  
12:00 Monday..... 3:30 p.m.  
Biology 102..... 7:00 p.m.

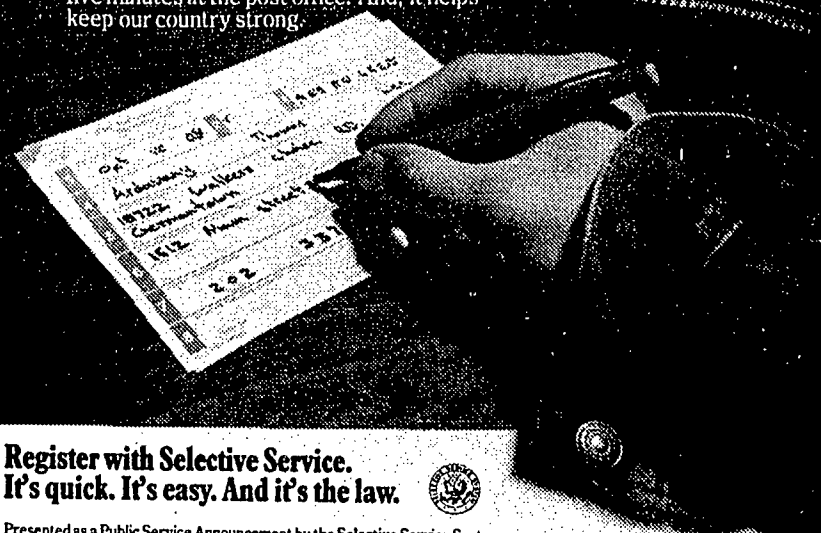
10:00 Monday..... Wednesday, December 16, 7:30 a.m.  
8:00 Monday..... 10:00 a.m.  
1:00 Monday..... 1:00 p.m.  
1:00 Tuesday..... 3:30 p.m.  
Government 102..... 7:00 p.m.

Computer Science 130..... Thursday, December 17, 7:30 a.m.  
8:00 Tuesday..... 10:00 a.m.  
4:00 Tuesday..... 1:00 p.m.  
10:00 Tuesday..... 3:30 p.m.  
Chemistry 113, 115, 117..... 7:00 p.m.

11:00 Tuesday..... Friday, December 18, 7:30 a.m.  
12:00 Tuesday..... 10:00 a.m.  
2:00 Tuesday..... 1:00 p.m.  
4:00 Monday..... 3:30 p.m.

Your name.  
That's not too much for your country to ask.

A name and a few more facts. That's all we're really asking of the two million young men who will turn 18 this year. After all, there's no draft. So if someone you know should be registering, remind them that it only takes five minutes at the post office. And, it helps keep our country strong.



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## OPINION

*Living with stress  
doesn't have to be  
as tough as it is*BY MOLLY ROSSITER  
Editor in Chief

Picture this if you will. You are sitting in your room, thinking about the things your instructors have loaded on you, and you begin to panic. Every instructor has assigned a final project or paper that must be done before finals week. Considering there are only three and a half weeks until finals, you really have your job cut out for you.

Let's make this a little more exciting. Added to all the projects and papers are 15 hours of regular classwork, where you still get daily assignments from the instructors. For just a little more spice, tack on a 20-30 hour per week job that must be maintained in order for you to continue your college career.

Sound tough? It is. But hundreds of college students find themselves in this very situation every semester. Perhaps that is why college students are among the highest percentile of stress patients.

However, it doesn't have to be this way.

Most of the stress college students go through is self-imposed. By putting high expectations on themselves, and feeling the need to live up to these expectations, college students place unnecessary stress factors in their lives, making getting through college more difficult than it already is.

One way students can reduce stress factors in their lives is to be more realistic about what they can handle. Don't try to shove everything into one semester. If being here longer than the normal four years is necessary, so be it. You'll be much better going to school for five years and graduating with enthusiasm about what lies ahead than graduating after the four years and being so burned out you could care less what happens.

Another way to lessen the tension is to talk to people. Don't keep everything bottled up inside. Even if it is just a casual conversation, interaction with other people is good for the mind.

Try to meet new people. Keeping with just classmates and work associates is almost as hard on you as working non-stop. This is not to say to ignore these people beyond the required time you must spend together. Just make sure there is some outlet for you should you need.

Stress can't always be avoided, but it doesn't need to be the dominating factor in your life. Take time out to take time off. Give yourself a break.

# Learning to cope with stress

## *Coping devices offer aid*

BY MOLLY ROSSITER  
Editor in Chief

Stress often makes a person frustrated, thinking there is no end in sight and nothing is going to lighten the load. However, there are ways to ease the burden of day-to-day living. One important thing to do is to learn to cope with the problems at hand.

Coping involves a person learning to manage the demands of the person-environment relationship that are considered stressful and the emotions these demands generate.

The first step in learning to cope is to maintain personal control. This doesn't mean that in order to cope with a problem one must control that problem. Rather, personal control deals more with learning to control emotions when dealing with a problem. If the problem doesn't get you "frazzled," you will be able to handle it more effectively.

Control can involve two ideas: attempting to change the environment and attempting to fit into the environment in which you are placed. For obvious reasons attempting to change your environment rather than fit into it is a much more difficult task, although neither alternative is going to be easy.

However, learning to live with your problems and to deal with them individually is less stressful than trying to solve them all at once.

Beyond control, there are other coping devices used for reducing tensions brought on by stressful events in the course

of everyday life. These devices are self-control, humor, crying, swearing, weeping, boasting, talking it out, thinking through, and working off energy. Though regarded as normal activity, if used inappropriately or to extreme (talking too much, laughing too easily, losing temper too easily, etc.), they are no longer coping devices but symptoms of dyscontrol.

More negative coping devices include some type of withdrawal from society, such as dissociation (amnesia, depersonalization), aggression (prejudice, phobias), and substitution, whether it be substitution of symbols, such as rituals, or substitution of the self or part of the self, such as intoxication.

Learning to cope with your problems isn't guaranteed to be easy at first. However, once you get the hang of it, coping can mean the difference between happiness and tolerance.



## Stress Prevention

Listed below are some "dos and don'ts" about stress prevention. These may not guarantee a stress-free life, but they can help.

### Dos

1. Have regular and routine behavior without being compulsive.
2. Learn to live in a way that is not disturbing to your body.
3. Leave domestic troubles at home.
4. Avoid frustration.
5. Take up sports and hobbies.
6. Laugh loud and often.
7. Do the "dreaded" tasks first, saving the easier ones for last.
8. Take on one problem at a time.
9. Reduce noise and distractions.
10. Take relaxation breaks from demanding work.

### Don'ts

1. Don't work on weekends
2. Don't work during a meal break. These are meant for more than just eating.
3. Don't push people around.
4. Don't let others push you around.
5. Don't go to bed in a state of emotional tension.
6. Don't set unrealistic goals.
7. Don't measure your worth by single events. Just because something goes wrong does not make you worthless.
8. Don't resent problems—look to them as a challenge.
9. Don't become a slave to work.
10. Don't trap yourself with unhealthy competition.

## Northwest Missourian

# Emo amuses Northwest

BY JON BILLMAN  
Features Writer

Nearly three hundred comedy fans filed into the Mary Linn Performing Arts Center last Thursday evening as Emo Phillips brought his original stand-up show to Northwest.

Phillips, known to his fans simply as Emo, is nationally recognized for his appearances on "Late Night With David Letterman", his own HBO special, and two comedy albums.

Emo also appears in a cameo spot in the movie, "Journey to the Center of the Earth," and recently, a five page spread in *Rolling Stone* magazine. He is currently on a tour of 20 colleges throughout the United States.

The native Chicagoan has been doing comedy professionally for 11 years.

"My mom used to laugh at everything I said," stated Emo in retrospect. "Then again, she used to laugh at everything everybody said."

Phillips notes Richard Pryor, Godfrey Cambridge, Dick Gregory and Bill Cosby as heavily influencing his career.

His career really took off after the spot on "Late Night With David Letterman."

Taking to the stage in his trademark page-boy haircut and an outfit the Salvation Army would refuse, Emo was an immediate hit.

"I got some new underwear the other day," mused Emo. "Well, new to me."

"I didn't know what to wear, so I asked my mom," he whined. "She said, 'Emo, wear your grandfather's gold tuxedo jacket.' So I got a shovel..."

Female members of the audience were easy game for the comedian as he succeeded in embarrassing unsuspecting occupants of the first three rows.

"There's a couple of hot mamas," Emo quipped at two girls in the second row. "Which one is the dominant one?"

Emo's humor, although a little on the weird side, is straightforward and clean. He utilizes vocabulary, looks, and delivery to create an audience-delighting package and the Maryville crowd was no exception.

Although a little disappointed with the audience turnout, Emo would like to come back to Northwest.

# Hypnotist is a success

Dr. James Wand, master hypnotist, brought his traveling show to Maryville last Tuesday, much to the delight of over two-hundred Northwest students.

Wand began his career as a hypnotist when taking a college course in public speaking.

Being terrified of speaking in front of audiences, a friend suggested he be hypnotized. Skeptical at first, Wand finally agreed and a promising career began.

Wand has worked with such celebrities as the Chicago Bears' William (the Refrigerator) Perry and members of various collegiate athletic squads.

According to Wand, hypnosis can be effectively used to enhance athletic performance and study skills.

Wand terms hypnosis as "the utilization of of the subconscious." He used a combination of lights and accupressure points to obtain deep hypnotic states.

A man who had seen last year's show at Northwest, was summoned

from the audience and asked to submit to hypnosis to open the show.

When Wand relaxed the man by using his voice and pressing points on the back of the man's head, he immediately collapsed into a deep state of hypnosis.

The hypnotist then proceeded to pick volunteers from the audience, who came to the stage to be hypnotized.

Then the fun and excitement began as Wand held the volunteers in the palm of his hand. The hypnotized students were controlled as Wand submitted them to otherwise embarrassing skits and antics.

The volunteers, upon awakening, were unaware of the fun they had created.

Polaroid photos told the story as visual accounts of a wild motorcycle ride and the Dating Game were shown to the then embarrassed participants.

Educational and entertaining, Dr. Wand's show sparked new interest in hypnosis among the students.

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- \*News Editor
- \*Copy Editor

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## MISCELLANEOUS

THE WOMEN OF DELTA ZETA would like to thank the men of Tau Kappa Epsilon, Alpha Kappa Lambda and Delta Sigma Phi for the mixers.

## LOST

RED KEYCHAIN WITH 3 KEYS. Keychain says, "No time for moderation." If found, please call: 582-8714. Lost near North/South Complex.

## PERSONALS

DELTA SIG PLEDGES, Congrats on surviving Brotherhood Week! A job well done.  
-B, D., & D.

BRAD AND NITA, You two are the bestest roomies in the whole world. We'll have to set up the obstacle course again soon (with a different means of transportation)! I love you!!  
-Your "part-time" roommate

DOC SMELTZER, We hope you got over those sharp pains in your head.  
-The front row

DUCKIE, Thanks for the soap and cereal. What a combination. Anyway, when I got home I realized I had forgotten to put toilet paper in your closet. Maybe next time.  
-Love ya,  
Me

GUESS WHO TURNS 20 on Sunday? Happy Birthday Roomie.  
-Love ya lots,  
Me & J.E.

W.G.B. THE THIRD, I had a dream last night that you and I were in your grandmothers garage doing something or other. Anyway, I woke up in an excellent mood.  
-Love you,  
Me

JEANNE, I knew your goldfish would die or something. At least you gave it that "old college try." Man, does that sound impressive? Stupid personal, I know. But I never get any from you.  
-Later,  
H.L.A.?

ROADMAP, You're swell. Even though you won't let me set you up anymore.  
-L-word,  
Deb

DEBBIE AND PAUL, Congrats on your E-word. Thank you for not getting the M-word until after the final deadline.  
-L-word,  
The Geeks

DEVO, I don't get it. You call me a Geek, yet you still have the nerve to send me a chain letter. You're too much of an a--head.  
-Tehee,  
H-truck

D., I think you need to get to work on nabbing that one guy we know so well. If you don't, someone else might beat you to him. No, not me you dork.  
-Guess who

JAKE, Did you hear the one about the Pollock who took his expecting wife to Sears? He heard they had free delivery. Badumdum!  
-Love,  
The Fatman

NOELE, Last Friday has been omitted. I forgot—your mom called and said they were going to take your birthday away. Sorry!  
-Molly

# KXCV has new Production and News Director

BY MICHELLE SCHWARTZ  
Features Writer

Northwest's fine arts radio station, KXCV, has added more to its facility than their new machines.

John McGuire has been added to the staff as KXCV's new News Director, and

Keith Ludden, former News Director, has taken the position of Production Director.

A 1983 graduate from Northwest, McGuire came back to Maryville from Jefferson City, Mo., where he worked for KWOS radio station.

McGuire is an outstanding broadcaster and has won numerous awards.

In 1984, McGuire won first place for sports news from the Missouri Associated Press and first place for sports coverage from the Missouri Broadcasting Association.

In 1985, the Missouri Broadcasting Association awarded him with Honorable Mention for sports coverage.

See page 12

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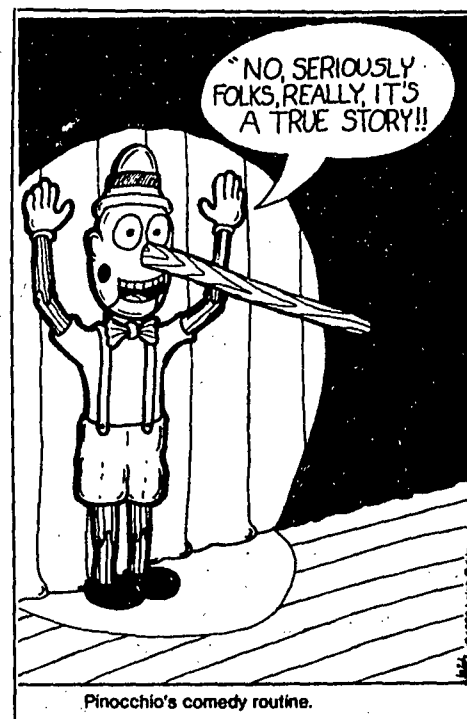
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## Northwest Missourian

### Continued from page 11

As News Director, McGuire's job is to get news and information on the air. His goal is to run a professional news room, and cover information that the listeners of KXCV will be interested in.

McGuire is also required to advise students with their news writing, and help the students put the news together.

McGuire is around to answer questions, listen to tapes, and do anything else that might enable a student to get a better job when out of college.

"What we (KXCV) are trying to do is run a professional newsroom and put together a product that people will want to listen to," McGuire states. "We want to be a news leader in Northwest Missouri, and that is a goal that goes hand-in-hand with training students."

KXCV has formed a new position at the station; it's the Production Director position and Keith Ludden is the man in charge.

In July of 1985, Ludden came to Northwest's fine art's radio station as the News Director.

Ludden was the former News Director for KXCV but took the Production position when it became available.

Recently, Ludden has been named Production Director for KXCV, and he has great expectations and goals for the station.

Like McGuire, Ludden works with the students, helping them learn and grow.

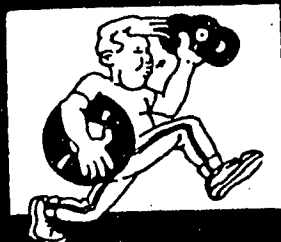
He is looking for special projects to work with McGuire throughout the year and hopes he can utilize his knowledge of folklore into some feature programming.

Ludden says that because the position of Production Director is new, there are many "doors" that can be opened, and he hopes to be the one to open them.

With a new News Director and a new position available at KXCV, Northwest's fine arts station is on its way to becoming one of Missouri's greater public radio stations.

Intelligent, energetic men like John McGuire and Keith Ludden are excited about the future, and at KXCV the future is looking bright and prosperous.

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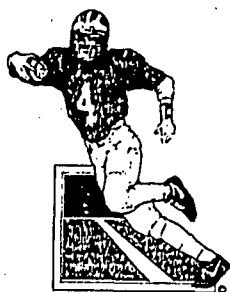
- IFC meeting - Upper Lakeview Room - 4pm
- Coach's Show - Channel 8 - 8pm
- Intramural Laser Tag meeting - Martindale Gym 302 - 5pm
- Flyers Cycling Club meeting - Stockmen's Room - 6:30pm

## Friday, Nov. 13

- Women Together - Wesley Center - 1pm
- Coach's Show - Channel 8 - 8pm
- CLEP, GED, CAT, and MAT tests offered - Counseling Center - 8:15am
- Last day to drop second semester class
- Fall FFA contest
- Freshmen pre-registration - Registrar's office

## Saturday, Nov. 14

- Bearcat football vs. Lincoln - Rickenbrode Stadium - 1:30pm



- National Teacher Exam/Specialty - Colden Hall 228 - 8am
- Kitten basketball Green and White -

- Lamkin Gym - 6pm
- Kitten basketball Alumni game - Lamkin Gym - 7:30pm

## Sunday, Nov. 15

- Stephen Town faculty recital - Charles Johnson - 8pm
- Gail Erickson senior recital - Charles Johnson - 3pm



## Monday, Nov. 16

- Intramural Laser Tag begins
- Harambee meeting - Stockmen's Room - 7pm
- CAPs presents The Denny Lee Show - Union Ballroom - 8pm
- Eye on Maryville - Channel 8 - 6:30pm
- Pi Beta Alpha meeting - Multi-purpose Room - 5:30pm
- Circle K meeting - Upper Lakeview Room - 6:30pm
- CAPs meeting - Northwest Room - 4:30pm
- ROTC Rangers meeting - Colden Hall 168 - 3pm
- SMSTA meeting - Governor's Room - 4pm

## Tuesday, Nov. 17

- Jazz Ensemble concert - Mary Linn PAC - 8pm
- Student Senate meeting - Northwest Room - 6:45pm
- Color Guard meeting - Colden Hall 168 - 5pm
- FCA meeting - Third floor Union - 9pm
- PRSSA meeting - Wells Hall 126 - 3:15pm
- IFS presents "Diabolique" - Wells Auditorium - 7pm

## Wednesday, Nov. 18

- Board of Regents meeting - University Club - 10am
- Student recital - Charles Johnson - 3pm
- Ag Council meeting - Ad. Bldg. 210 - 7pm
- Ag Club meeting - Ad. Bldg. 209 - 7pm
- PRSSA Levi's Carnival - Spanish Den - 11am



**\*Custom Exhaust**

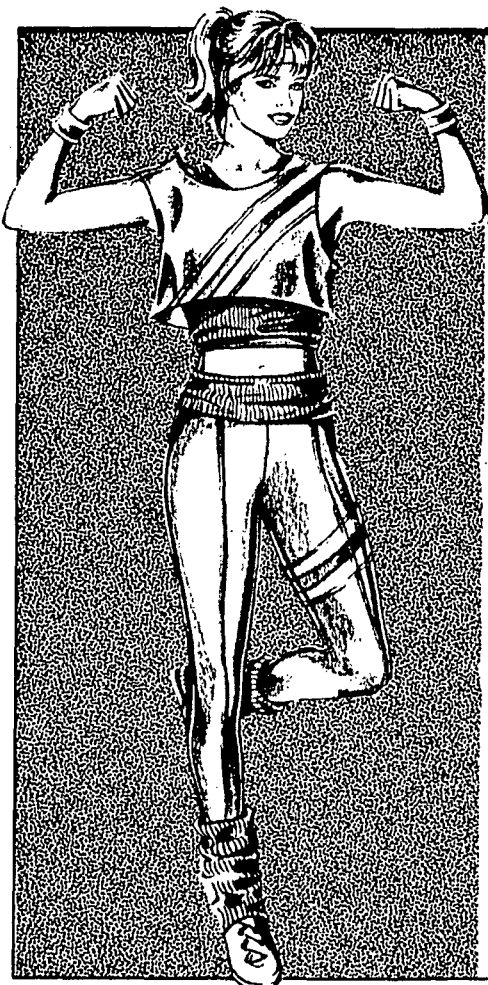
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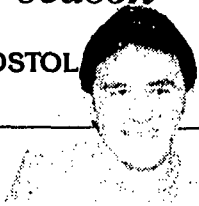
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### Gridders playing same old season

BY TROY APOSTOL  
Sports Editor



Here we are again. Same scenario: the Bearcats head into their last football game of the season, another losing season. Since 1985, Bearcat football fans have had little to cheer about.

What is the problem? Obviously it is up to the coaching staff to figure that out. Here's a hint for Vern Thomsen and crew: the offense has yet to show up to the games. The running game has barely made over 1,000 yards rushing. Opponents are around 700 yards greater than the 'Cats in the rushing department. The 'Cats also forgot where the end zone was. They have scored 104 points, as opposed to 315 points scored against them.

Thomsen's "junior college recruitment scheme" never gelled. Thomsen is changing his recruitment plans to go back to the freshmen-oriented style. Smart move.

Fans question whether they will be seeing Thomsen's face on the sidelines next year. Thomsen says he will be back for his sixth season at the Bearcat helm.

Folks, it's going to be an interesting off season, interesting.

### Adams, King lead runners

Northwest's men and womens' cross country teams concluded their seasons last Saturday at the NCAA Division II Great Lakes Regional meet in Evansville, Ind. The Bearcat squad finished ninth, while the Bearkittens finished 12 in the 18-team races.

In the 8,000 meter race, Rusty Adams led the Bearcats by finishing 13th with a time of 32 minutes, 41 seconds. Mike Hayes placed in the number 19 position with a time of 32:52. Mark VanSickle placed 46th at 34:17

and Lloyd Hunt finished in the 83 spot with a time of 36:06.

Tammy King led the Bearkittens in the 5,000 meter race by placing in the 52 place with a time of 20:43. Following right behind King was Bearkitten teammate Stephanie Kempf in the 53 spot with a time of 20:46. Denise Ibsen placed in the 67 position with a 21:10 time. Diane Jensen was the next 'Kitten runner across the line in 69 place. Holley Miller placed in the 81 place and Geri McFarland finished in the 83 place.

### Intramural Calendar for the remainder of the fall semester

Sport	Starting Date
Laser Tag Co-Rec.....	Nov. 16 6:00 p.m.
3 on 3 Basketball.....	Nov. 30 6:30 p.m.
1 on 1 Basketball.....	Dec. 7 6:30 p.m.

### Athletes of the Week

Men: Todd Miller  
Women: Kristie Dorf



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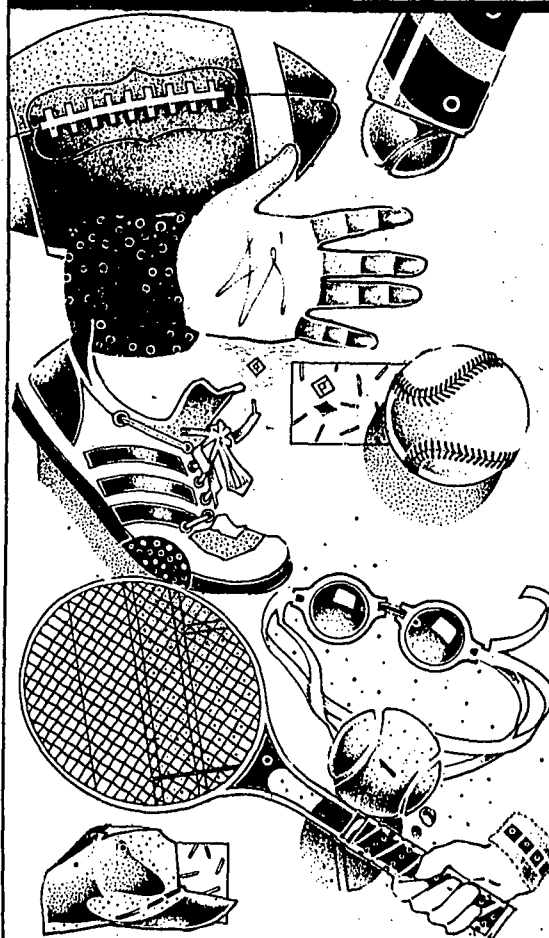


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## 'Cats try to close cellar door on Lincoln

Call it the "cellar bowl" when Northwest and Lincoln University square off in Rickenbrode Stadium at 1:00 p.m. this Saturday.

Both squads head into the game looking to increase their 2-8 records, while also winning their first conference game of the season to stay out of the conference cellar.

In the past, a game against Lincoln was an easy win. But a new attitude among the Lincoln squad has improved them and caught the attention of coaches in the MIAA; especially Northwest head coach Vern Thomsen.

"They almost beat Southwest Baptist (last week)," Thomsen said. "They (Lincoln) had them on the ropes."

Lincoln competed last Saturday with freshman backup quarterback Sean Irons, who threw for three touchdowns

and was named MIAA offensive player of the week.

It is their defense that has given Lincoln fits throughout the season. Lincoln opponents have been averaging 460 yards a game against them.

Lincoln's defense ranks last overall in the MIAA, and right above them is the

Northwest defense. On offense, the ranks are switched with Northwest on the bottom and Lincoln is just above them.

Northwest will try to stay out of the conference basement, while Lincoln, the usual conference doormat, will try to replace themselves with the 'Cats.

### MIAA FOOTBALL STANDINGS

School.....	MIAA.....	Overall.....
Central Missouri State**.....	4-0-1.....	6-3-1.....
Southeast Missouri State**.....	4-0-1.....	5-4-1.....
Northeast Missouri State.....	3-2-0.....	4-6-0.....
University of Missouri-Rolla.....	2-3-0.....	4-5-0.....
Lincoln University.....	0-4-0.....	2-8-0.....
Northwest Missouri State.....	0-4-0.....	2-8-0.....

\*\* Central and Southeast tied for the 1987 conference championship

## Spikers finish sixth in MIAA

BY KELLIE WATT  
Sports Writer

Closing the season with a record of 17-32, the Bearkitten volleyball team finished sixth at the MIAA Championships in Kirksville, Mo. last Saturday and Sunday.

The squad dropped its first game to Southeast Missouri State University, seeded third in the tournament, by scores of 15-11, 15-8 and 15-13.

On the rebound, the spikers defeated Lincoln University, their only tournament win, in their second match of the day by scores of 15-12, 15-4 and 15-8. Michelle Stoullil made a team high 10 kills and obtained a .500 attack percentage.

In the 'Kitten's final match of the tournament as well as for the season, the squad lost to Southwest Baptist University by scores of 13-15, 15-10, 15-13 and 16-14.

Nancy Pfeiffer, an outside hitter from Westside High School Omaha, Ne, was awarded second team all MIAA honors on the coach selected squad. Jill Tallman and Tanya Carson received all-conference honorable mentions.

Carson finished her college career with 1,829 assists, under Sherri Miller, the all time leader with 2,185 assists. To add to her accomplishments of this season, Carson now holds the new school record for 45 assists in a game.

Tallman is now the all time leader in career blocks with 416. Kelly Cox now holds the record for saving digs with 215.

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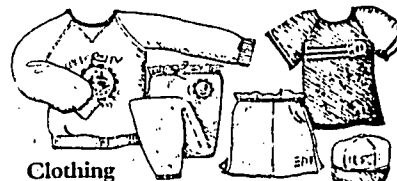
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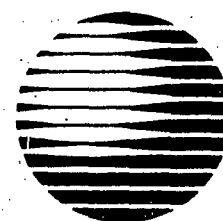
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